



Anxiety & Stress Relief Capsule

(ISHINE CAPSULE)

Soulagement d'Anxiété & Stress Capsule
(Neurolepsie Capsule)

Net Weight:
50mg x 60capsules/bottle



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D Keegan



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issues faced by their loved ones This book will help you in understanding The real depth and penetration of stress Types of stress and how it matters to us Impact of stress on our body mental and emotional health as well as behavior The real terms in which you need to identify stressors Ways in which you can bring down stress at the workplace Ways in which you can bring down stress in your personal life Ways in which you can deal with your mind causing the stress More importantly ways to deal with unchangeable stressors Techniques like meditation visualization mindfulness and goal setting that can help in bring down stress And much more

The Mindful Path Through Worry and Rumination Sameet M. Kumar,2009 People who worry and ruminate put excessive focus on the past and the future a tendency which left unchecked can lead to mental health problems such as depression and generalized anxiety disorder The Mindful Path Through Worry and Rumination offers proven strategies to help readers find contentment in the present moment

Rock Stress '03 K. Sugawara,Y. Obara,A. Sato,2020-12-18 This publication contains three special lectures six keynote addresses and sixty eight technical papers presented at the symposium The wide variety of topics covered are grouped in the proceedings according to subject

A Mindfulness-Based Stress Reduction Workbook for Anxiety Bob Stahl,Florence Meleo-Meyer,Lynn Koerbel,2014-12-01 Anxiety is one of the most prevalent mental health issues faced by society today In The Mindfulness Based Stress Reduction Workbook for Anxiety three MBSR experts provide powerful mindfulness meditations and exercises to help soothe anxiety understand common triggers and live more fully in the moment

Stress in the Earth WYSS,2013-12-01

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ACT Questions and Answers Russ Harris,2018-04-01 Acceptance and commitment therapy ACT is a highly effective evidence based treatment for a number of mental health issues from depression to addiction However there are several challenges and frustrations that can arise when delivering ACT Written by internationally acclaimed ACT expert Russ Harris this book offers easy to read Q A sessions to cover the most common ways clients and practitioners get stuck when using ACT how to get unstuck and how to transform that stuckness into powerful personal growth

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